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## **Integrating family planning and reproductive health information into livelihood training programs for young people in Souhag**

Evidence Project

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# Integrating Family Planning and Reproductive Health Information Into Livelihood Training Programs for Young People in Souhag



**Goal:** To increase demand for private family planning and reproductive health (FP/RH) services among young people (18–35 years) in urban Souhag.<sup>1</sup>

## Intervention



**4,663**

male and female job seekers (18–35 years) in six districts in Souhag received five days of integrated FP/RH livelihood training



Male and female peer educators delivered the training and shared posters, fliers, and booklets with participants



Participants also received FP/RH messages through social media platforms (Ma3looma Facebook page and WhatsApp groups)



Peer educators shared with participants the names and contact information of private doctors and pharmacists who had been trained by the project in FP/RH service provision

<sup>1</sup>Ministry of Youth and Sport in Egypt defines youth as those aged 18–35.

## Participants' Perspectives<sup>2</sup>



**"I mean, there are many benefits to family planning and birth spacing. I never knew what family planning meant. I always thought it meant having one child, that's it. It's all about having children at the right time. That was good information."**

**Male participant, 32 years old**



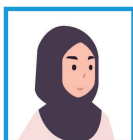
**"I started my own project after the training. I mean, I've always wanted to make pastries and sweets. I started to study the market in town. I didn't find anyone doing that. I also figured out how much money I needed to start my own business. Without the training, I wouldn't have been able to do any of this."**

**Female participant, 32 years old.**



**"I have learned that couples should go for a medical checkup before they get married and I'll advise all my friends to do so .... the training corrected several misconceptions that I had about menstruation, ovulation and contraception ."**

**Female participant, 30 years old.**



**"Many people, many girls, started sharing their CVs with local NGOs such as Resala, Souhag Life Makers, and Women's Association for Health Improvement. These are well-known NGOs. That's what we said in the training. Write your own C.V and go through the entire experience of interviewing. That will benefit you more. We have many girls in our community who work for various NGOs now, some sell clothes online, others selling furniture and household appliances!"**

**Female participant, 29 years old.**

## Lessons Learned:

**Livelihood training programs could be an effective and important venue for increasing young people's demand for FP/RH.**

**Participants of integrated FP/RH and livelihood training programs should be linked to affordable FP/RH services in order to meet the increased demand for FP.**



<sup>2</sup> To learn more about the effects of the intervention on young people's knowledge, attitudes and practices regarding family planning, please check: Abdel-Tawab, Nahla, Norhan Bader, Elizabeth Tobey, and Aparna Jain. 2020. "Two implementation models of workers' health education programs in Egypt: What works? What doesn't work?" Research Brief. Washington DC: Population Council, The Evidence Project.



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The Evidence Project uses implementation science—the strategic generation, translation, and use of evidence—to strengthen and scale up family planning and reproductive health programs to reduce unintended pregnancies worldwide. The Evidence Project is led by the Population Council.

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